



QCOOK

Lemon Herb Chicken & Roast Veg

with a Danish-style feta & Kalamata olive salad

Hands-on Time: 20 minutes

Overall Time: 20 minutes

Quick & Easy: Serves 1 & 2

Chef: Samantha du Toit

Wine Pairing: Doos Wine | Doos Dry White 3L

Nutritional Info	Per 100g	Per Portion
Energy	509kj	3394kj
Energy	122kcal	812kcal
Protein	7.3g	48.9g
Carbs	9g	7g
of which sugars	2.1g	13.9g
Fibre	1.1g	7.4g
Fat	6.3g	41.8g
of which saturated	1.5g	9.8g
Sodium	195mg	1303mg

Allergens: Sulphites, Sugar Alcohol (Sweetener), Cow's Milk, Allium

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
250g	500g	Roast Veg Mix
10ml	20ml	NOMU Italian Rub
1	2	Free-range Chicken Breast/s
30ml	60ml	Colleen's Homemade Lemon & Herb Sauce
20g	40g	Salad Leaves <i>rinse & roughly shred</i>
100g	200g	Cucumber <i>rinse & cut into half-moons</i>
20g	40g	Pitted Kalamata Olives <i>drain</i>
30g	60g	Danish-style Feta <i>drain</i>
50ml	100ml	Mustard Mayo <i>(45ml [90ml] Mayo & 5ml [10ml] Dijon Mustard)</i>

From Your Kitchen

Seasoning (salt & pepper)

Water

Paper Towel

Butter

Sugar/Sweetener/Honey

Oil (cooking, olive or coconut)

1. READY THE ROAST VEG Coat the roast veg mix in oil, ½ the NOMU rub, and seasoning. Air fry at 200°C until crispy, 18-20 minutes (shifting halfway). Alternatively, roast in the oven at 200°C until crispy, 30-35 minutes (shifting halfway).

2. LEMONY CHICKEN While the veg is cooking, place a pan (with a lid) over medium heat with a drizzle of oil. Pat the chicken dry with paper towel. When hot, fry the chicken on one side until golden, 4-5 minutes. Flip, cover with the lid, and fry until cooked through, 4-5 minutes. During the final 1-2 minutes, baste the chicken with a knob of butter, the remaining NOMU rub, and the lemon and herb sauce. Remove from the pan and rest for 5 minutes before slicing and seasoning.

3. FETA & OLIVE SALAD In a salad bowl, toss together the salad leaves, the cucumber, olives, and feta. Drizzle over some olive oil. In another bowl, loosen the mustard mayo with water in 5ml increments until drizzling consistency. Set aside.

4. MMMMOUTHWATERING MEAL! Plate up the chicken, drizzling over any remaining pan juices. Top with the loosened mayo. Side with the roast veg and the salad. Dig in, Chef!